



# WORKING WELLNESS

Good Health is Good Business

JULY  
2014

## ★ FLORIDA BLUE ★

is...

Cord Blood  
Awareness  
Month



Juvenile  
Arthritis  
Awareness  
Month



International  
Group B  
Strep  
Awareness  
Month



UV Safety  
Month



With

World  
Hepatitis Day



### REMINDER:

You can **register** at Florida Blue so you can view your claims and statements, check to see if you have met your deductible, view the plan, order a replacement card, sign up for Blue365 discounts, manage your account and more!

<http://www3.bcbsfl.com/wps/portal/bcbsfl/w/home/>

Florida Blue also offers **Health Coaches, Registered Nurses and Dieticians** that can help you understand meds, jump start weight loss, etc. For more info call **1-877-789-2583** they are **available 24/7**.

If you would like to talk to a **Care Consultant** free of charge call **1-888-476-2227**.

You have access to **Lifestyle Improvement Programs**. They are web-based health and wellness programs and resources that can help with steps to better health. They have programs for Emotional Health, Exercise, Smoking Cessation, Stress Management and Weight Management.

You can also join **Blue365** so you can be eligible for discounts. Here is the link to register for Blue365:

[https://www.blue365deals.com/publishers/505/daily\\_deal/login](https://www.blue365deals.com/publishers/505/daily_deal/login)

Here is the link to **search for a provider**:

Network: BlueOptions

<http://myportal.bcbsfl.com/wps/portal/opd>

**\*\* If you have trouble with registering or finding a provider please call 1-800-664-5295.**

For more  
information on these  
observances or  
future observances,  
go to U.S.  
Department of  
Health and Human  
Services at  
<http://healthfinder.gov/NHO/nho.aspx>



## SPOTLIGHT OF THE MONTH: VSP

At VSP® Vision Care, we focus on your employees and their overall health and wellness. Research shows that VSP doctors are often the first to detect early signs of chronic conditions like diabetes and high cholesterol. Earlier detection means healthier, more productive employees and lower healthcare costs.

Cordially,

VSP Account Team, VSP Vision Care  
800.852.7600  
[VSPAccountTeam@vsp.com](mailto:VSPAccountTeam@vsp.com)

Learn more at [getvsp.com](http://getvsp.com).



## SPOTLIGHT OF THE MONTH: NEW EAP

The Quantum Employee Assistance Program offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation\*\*.

Their solution focused approach includes but is not limited to:

- Therapy for Depression and Anxiety
- Couples Counseling
- Family Counseling
- Parenting Support
- Grief Counseling
- Work and Career issues
- Stress Management
- Addiction & Recovery
- Conflict Resolution
- Critical Incident Stress Management
- Educational Service



*Available 24/7 @ 1-877-747-1200*



**Or**

Check out their website  
<http://www.accessqhs.com/>



### In-Network Costs Vary Widely for Common Procedures

*Communicate pointers for selecting reasonably priced health service providers*

By Stephen Miller, CEBS 6/12/2014



#### Tips for Employees:

Employers can provide their covered employees with information and tools to make them aware of price variances and ranges—and “encourage them to take action to get great care at an affordable price,” Schneider said. As high-deductible health plans and increased cost-sharing become the new normal, employees are more likely to welcome help in finding cost-effective care.

To help select reasonably priced, high-quality health care services, Schneider encourages employers to incorporate a few simple pointers into their communication materials, advising employees to:

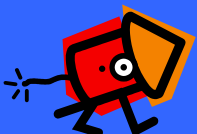
- **Establish a relationship with a primary care doctor.** Your first visit with a new doctor costs 30-50 percent more than a return visit, even for new problems. You can avoid multiple first-time visit charges by maintaining a relationship with one primary care doctor. It's important to select a primary care doctor that offers the affordable, high-quality care that's right for you. Nonprofit programs such as [Bridges to Excellence](#) and the [National Center for Quality Assurance](#) Clinician Recognition database are resources to identify physicians noted for achieving quality standards.

- **Use national laboratory groups for blood tests.** Similar to how you can take a prescription to the pharmacy of your choice, you can ask for a written lab order and take it to the lab of your choice. National laboratory groups have [significantly lower prices](#)—up to 90 percent lower than high-cost hospital lab facilities.

*Reminder if you go to a Quest lab it is covered at 100%*

- **Avoid going to the hospital for X-rays, MRIs, CT scans and other imaging tests.** Similar to lab tests, independent stand-alone imaging centers can provide identical services for a fraction of the costs. The savings opportunities can amount to hundreds or even thousands of dollars.

- See more at: <http://www.shrm.org/hrdisciplines/benefits/Articles/Pages/in-network-costs-vary.aspx#sthash.DA6BQvxw.dpuf>



# COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

## Avoid Those Awkward Situations

Nailing in awkward positions where the tool and its recoil are more difficult to control may increase the risk of injury.

These include:

- toe-nailing
- nailing above shoulder height
- nailing in tight quarters
- holding the nail gun with the non-dominant hand

- nailing while on a ladder, or
- nailing when the user's body is in the line of fire (nailing towards yourself).

Toe-nailing is awkward because the gun cannot be held flush against the work piece.

Nailing from a ladder makes it difficult to position the nail gun accurately.

Nailing beyond a comfortable reach distance from a ladder, elevated work platform, or leading edge also places the user at risk for a fall.



Above:  
Hand-held

Left:  
Toe-nailing



**"Unintended discharges are a concern in awkward position nail gun work"**



Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.



## A word from the Safety Officer



## Have A Safe Celebration

Fireworks can be dangerous, causing serious burn and eye injuries.

Follow these safety tips when using fireworks:

**Never** allow young children to play with or ignite fireworks.

**Avoid** buying fireworks that are packaged in **brown paper** because this is often a sign the fireworks were made for professional displays and that they could pose a danger to consumers.

**Always** have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers

burn at temperatures of about 2,000 degrees - hot enough to melt some metals.

**Never** place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.

**Never** try to re-light or pick up fireworks that don't light.

**Never** point or throw fireworks at another person.

**Light** fireworks one at a time, then move back quickly.

**Never** shoot fireworks off in metal or glass containers.

After fireworks complete their burning, **douse** the spent device with plenty of **water** before discarding it to prevent a fire.

